SUGGESTION

"Man's whole education is the result of Suggestion."

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SOME CLINICAL CASES.

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Another interesting case treated at the August clinic was that of Mr. S., aet. 43. This patient had many of the symptoms of typical locomotor ataxia. There was no specific history and the patient had been treated for several years for what was supposed to be rheumatism. But for over a year symptoms of locomotor ataxia had been developing; the knee jerk had disappeared; there were shooting pains in the limbs; loss of co-ordination in lower extremities; ataxic gait, and inability to stand still with the eyes closed.

The patient was greatly emaciated, weighing only 102 pounds; his bowels were constipated, digestion feeble, hands and feet cold, and he found it necessary to use a cane when walking. In fact, besides the ataxic symptoms, the patient had all the symptoms of a "typical case" of physical deterioration, the result of improperly nourishing the tissues of the body.

Several neurologists had examined the patient and given him treatment without benefiting him. None of them had made a positive diagnosis of locomotor ataxia, but all considered the case "suspicious."

When the patient appeared at the clinic I told him he could be built up and most of his distressing symptoms relieved, but that I could not promise to restore the knee jerk and the co-ordination of the muscles, although they might improve as his general health improved.

The case certainly looked like locomotor ataxia, but the results obtained go to show that the trouble was not genuine ataxia, for nearly all authorities on the subject agree that when the cure of a case of locomotor ataxia is reported, the diagnosis was probably at fault. From the excellent results obtained in this case, I believe every symptom the patient had was the result of insufficient nutrition due to partaking improperly of the "life essentials," and this case serves to show what obscure symptoms may arise at times in patients whose blood supply has been below par for a long time.

The students that attended the August clinic of the Chicago School of Psychology will remember this patient and the difficulty he experienced in walking over the polished floors of the rooms leading to the clinic room.

The patient gained five pounds in weight during the two weeks the class was in session; his bowels moved every day after the second treatment; he slept better and felt better in every way. The

patient called on me yesterday to be weighed and report his progress. He has gained sixteen pounds in weight since his first treatment; the pains have disappeared from the legs; he feels better than he has felt in years; his stomach and bowels are working perfectly and he can digest anything. He experiences no difficulty in walking without a cane, and the polished floors have lost their terror for him. In fact, he says the only symptom that has not completely disappeared is the inability to stand still with the eyes closed; but there has even been a great improvement in this and I believe it, also, will disappear before many weeks have passed. I told the patient I intended to report his case in the November issue of SUGGESTION and he said he would be glad to have me do so.

The suggestive treatment given to this patient was similar to the treatment given to every typical case. I explained to him, clearly, that every bone, muscle and nerve in the body depends for its very existence, to say nothing of its health, upon the blood supply, and that the blood supply depends upon the life essentials and the condition of the stomach and bowels.

The patient did not breathe properly and drank only half the required amount of fluids, so I instructed him carefully in the use of the "life essentials." His teeth were in poor condition and he was unable to masticate his food properly; so I insisted that he have some dental work done at once. I told him that by following the "life habits" of a healthy young man his blood would become equal in quality to that of a young man, and that rejuvenation of every cell in his body would be the result.

Next, I induced the suggestive condition in the patient and suggested to him *exactly what I wished him to do and the physical changes we desired to bring about.*

I receive scores of letters every month from physicians and others asking what suggestions to give for certain cases. It is impossible to write a formula that can be followed in any particular case or group of cases. Little peculiarities, and the degree of suggestibility of the patient, his environment, and many other things, have to be taken into consideration, and the suggestions varied accordingly; but a little practice, a fair amount of ingenuity and a little common sense should enable anyone to become a fair suggestionist if he will follow the suggestion given in italics in the previous paragraph.

My reply to all who ask what to suggest is this: *"Induce the suggestive condition and tell your patient what you want him to do and the physical or mental changes you desire to bring about."* For instance, in treating Mr. S—, I suggested that he would be hungry and thirsty; that he would eat, drink and breathe like a healthy man; that his stomach would perform its work properly and his bowels move regularly every morning after breakfast; that the quantity of blood in his body would increase; that this new blood would give new life to every tissue in his body; that when the nerves were better nourished they would perform their functions better; that his strength would increase rapidly and he would walk perfectly; that he would sleep better, increase in weight; be happy and cheerful all day; in short, that he would become a perfectly healthy man. Suggestions similar to these were given at every treatment with slight variation and the results show that every suggestion took form in action—even the knee jerk has returned.

Another case treated at the August clinic was Mr. F., aged 50. This patient had suffered from constant headache for years. The pain in the head was always severe, but occasionally he would have vomiting spells, during which the pain increased greatly and prevented him attending to business. He had taken many different treatments, but none had assisted him in the least. He traveled over 1,200 miles to attend the clinic, thinking I might be able to cure him by hypnotizing him and telling him his pain had gone. He said his health was fair in other respects and he knew he would be a well man if I could stop his headache for a few days. Several hypnotists had tried to "put him to sleep," but failed, and he thought he would have to be put to sleep before he could be cured. However, further questioning showed that he was far from being in good health, and it was evident that other treatment, besides telling him his headache was gone, would be necessary. In fact, like the case of Mr. L., this case proved to be another typical case of general physical deterioration. One physician thought the headaches might be caused by eye strain, but several changes of glasses failed to relieve the patient in the least.

The patient was found to be suffering from constipation, dyspepsia, hemorrhoids, cold hands and feet, poor memory, poor concentration, irritability and lack of strength. His kidneys were inactive, the urine passed being of a high color. He was afraid to eat heartily lest the food should produce a sick headache; he drank only a pint and a half of fluids in the day; his breathing was shallow, pulse weak, and tongue badly coated.

I said nothing to this patient about putting him to sleep, but told him that his headaches would disappear as his other symptoms improved. I explained to him the necessity for attending to the "life essentials;" showed that inactivity of the bowels, skin and kidneys was the result of his failure to drink sufficient water each day, and that the waste materials of his body were the cause of his headache, owing to the failure of the organs of elimination to carry them from the body properly.

I told him that by living as the healthy young man lives, the organs of nutrition and elimination would begin to work normally, his general health would improve and the headaches would disappear as the waste materials were carried off freely and his head sufficiently nourished with good, red, rich, normal blood.

The patient said he understood what had to be done and would render every assistance. Then I induced the suggestive condition and, as in the case of Mr. L., suggested that health and strength would come to him; that every organ would do perfect work; that he would eat, drink, breathe and think like the healthy man; that his digestion and assimilation would become perfect; that the organs of elimination would carry off the waste products of the body, and that his head would feel more comfortable after the first treatment and improve rapidly from day to day.

This patient's bowels moved the first day he was treated at the clinic, and moved daily thereafter, without any annoyance from the hemorrhoids. In a few days he could eat heartily and digest his food perfectly. He gained 5½ pounds during his two weeks' treatment, and the headache grew less severe each day, disappearing before the end of the first week's treatment. When he left for home he was in

better mental and physical condition than he had enjoyed in thirty years and was entirely relieved of the headache.

Suggestive therapeutic treatment appears to be a panacea for even the most severe forms of chronic sick headache. Women, especially, suffer from sick headache, and nothing will relieve this trouble so perfectly, so permanently, and so rapidly as a few weeks' energetic suggestive treatment.

Another patient, Miss G., aged 38, was brought to the city, ten days before the clinic began, suffering from extreme nervous prostration. She had been in bed the greater part of three years, and for some time before I saw her had not spoken above a whisper and was unable to move herself in bed. Twice every twenty-four hours she was turned from one side to the other in bed. Her stomach and bowels were out of order; menstruation had not occurred for over six months; she had not attempted to walk for months and could scarcely stand the voice of an attendant giving the most necessary orders.

The patient's condition was the result of over work and grief; she had received several different kinds of treatment, including a long stay at two sanitariums and two hospitals, and was brought to the clinic as a last resort.

The tenth day after treatment began the patient was able to go out of doors in an invalid's chair, and within two weeks appeared at the clinic. The students who saw her totter into the room the first morning will be glad to learn that she has gained ten pounds in weight since they saw her first. Menstruation has occurred every month; she is able to walk several miles a day, and for the past month has filled a position in this city, attending to her duties daily. She is a university student, a woman of education and intelligence, and I have asked her to write her experiences with suggestive therapeutics, from a patient's point of view, for publication in SUGGESTION. We have read a great deal of suggestive treatment from the physician's point of view, and I believe an article from an intelligent patient like Miss G. would prove of value and interest to our readers. I will endeavor to persuade her to prepare the article for the December issue of SUGGESTION.

The universe pays every man in his own coin; if you smile, it smiles upon you in return; if you frown you will be frowned at; if you sing, you will be invited into gay company; if you think, you will be entertained by thinkers; and if you love the world and earnestly seek for the good therein, you will be surrounded by loving friends, and Nature will pour into your lap the treasures of the earth.—*Wildwood Philosophy.*

S'pose success don't come at fust;
What be you goin' to dew?
Throw up the sponge and kick yourself,
An' go to feelin' blue?
Uv course you hain't; your goin' to fish,
An' bait, an' bait again;
Bimeby success will bite your hook,
And you will pull him in.

—*Houston Post.*

There are in business three things necessary—knowledge, temper, and time.—*Feltham.*

As threshing separates the corn from the chaff, so does affliction purify virtue. —*Bacon.*

PHYSICAL CULTURE.

BY ALBERT WHITEHOUSE, 151 E. 34TH ST., NEW YORK.

EARLY MORNING EXERCISE.

The beneficial effects to be derived from some light exercise before the morning meal are unquestionable. During healthful sleep the muscles become relaxed, the heart's action reduced, and the circulation sluggish; the brain and nervous system are partially inactive, and the sensory faculties dormant. The forces of mind and body, thus temporarily conserved, are often slow to reassert themselves on awakening, and one feels languid, drowsy and disinclined to move. Some especial effort is needed to throw off the torpor of sleep and set free the stored-up energy which is needed for the day.

The best possible stimulant and tonic at this time is certainly not strong coffee nor any other "bracer" of the kind, but a moderate amount of bodily exercise and a bath. A few deep inspirations of fresh air, a series of rhythmic muscular movements, and a tub or sponge bath, will give to one a glow of exhilaration that is followed by no harmful results, set every cell in the body to work, and make it seem good to be alive. Such a morning program is so full of value that one should allow no ordinary hindrance to interfere with its faithful daily carrying out. It means stronger muscles, purer blood, better circulation, increased heart action and more perfect elimination and nutrition. And because it means these things, it means the quickening of every mental faculty; it means added happiness and self-control, and increased power for doing and receiving good.

The directions here given for physical exercises are designed for the average person, and may be varied according to individual needs.

On rising, thoroughly and antiseptically cleanse the mouth, teeth, and throat. Listerine—a tablespoonful in half a glass of water—is very good for this purpose. Drink, slowly, a glass of fresh water. Stand at the open window and fill the lungs with air, then exhale; repeat twelve times. You are now ready for the series of exercises which I indicate below. They require about five minutes and may be taken with or without dumb bells.

1. Standing erect with the feet a little apart, cross the arms in front of the face and circle them at moderate speed twelve times.

2. Circle arms reverse way twelve times.

3. Raise arms at sides to the level of the shoulders, bring them across the chest, and fling them to the rear; repeat twelve times.

4. Place hands on the hips, thumbs behind, and bend the body at the waist to either side slowly. Repeat eight times.

5. With same position, rotate the trunk, keeping the hips firm. Repeat eight times.

6. Raise the hands overhead, bend the body forward from the hips, and without bending the knees, endeavor to touch the floor in front of the toes with the tips of the fingers; then stand erect. Repeat ten times.

7. Rise on toes twenty-five to fifty times.

8. Take the squatting exercise, which is to lower the body by bending the knees, keeping on the toes and with trunk erect; rise. Repeat eight times slowly.

9. Take several respiratory exercises with arm movements. Inhale slowly as the arms are raised from the sides or in front, and exhale slowly as they descend to the sides.

The exercises for the trunk are especially valuable in overcoming any tendency to constipation. Light wands may take the place of the dumb bells, and the whole series of movements may be varied endlessly, with much profit and pleasure. It is well occasionally to substitute outdoor exercise—a short walk, a spin on a wheel, or a horseback ride. Even a spell at wood chopping might be cautiously indulged in. Early morning exercise is especially valuable in the summer time, for it serves to promote functional activities which are inclined to deviate from the normal in hot weather.

The program of movements given above is an admirable preparation for a cold sponge bath. Only persons of the most robust constitution, possessed of sound hearts and strong nerves, should take a cold bath without first arousing the bodily energies by some light exercise. Bathe quickly, with enough friction of the skin to bring about a healthy reaction. Under proper conditions a cold bath is one of the best possible tonics, and may be taken the year round by every one in ordinary health. Tepid baths may be used during the summer, but cold baths should be begun in the early fall and continued during the winter. One whose system is thus fortified has little to fear from changes of temperature, and is seldom subject to colds or bronchial and pulmonary affections.

This habit of taking early morning exercise is readily formed, requiring only a little perseverance and determination, and the benefits derived are a sufficient incentive to keep it up. By the time the bath is finished and one is fully dressed, there is a most gratifying consciousness of physical well being, and a mighty appetite for breakfast.

CLOTHING.

The matter of proper dressing deserves due consideration in its relation to physical culture.

As a rule, people wear too much clothing. This is especially true in winter. The means to meet the exigencies of a lower temperature are within the body to a great degree—hence the body should be made to supply its own heat, so far as possible. But the vital forces which generate heat are not aroused to the utmost when undue reliance is placed upon artificial means, in the way of much heavy clothing. Natural physical action of any kind decreases just to the degree that external aids are depended upon. True, since the human animal does not grow an extra covering on the coming of winter—as do his brethren in feathers and fur—he must put on warmer clothes. But he should supply on the outside only what warmth he cannot generate within. The more one wraps unnecessarily to protect from cold, the more susceptible he becomes to atmospheric changes. Let the first preparation for cold weather be an effort to increase the vitality by extra food, exercise, cold baths, and fresh air, together with a conscious determination to resist cold. Then gradually put on warmer clothing, only in sufficient amount to prevent actual discomfort. In this way the physical resources are called out and new strength developed in many instances, so that there is a marked improvement in the general health. The "hardening process," so firmly believed in and heroically carried out by our forefathers, and the experience of many people today, prove that taking cold and discomfort from cold,

are to a considerable degree matters of habit. Many men go through cold winters comfortably without overcoats except in the worst weather. I was talking recently with a healthy looking man who told me that he had only worn an overcoat a few times in the last twenty years—but he also said that he was in the habit of taking cold morning baths. The street Arab with his bare legs and feet and scant body clothing, is often more comfortable than the person who is shivering under too much clothing.

Then do not be in a hurry to get into your winter clothes. Keep the feet dry and warm. Do not sit in an overheated room without removing the wraps, and either use no special covering for the throat, or else always do so. Sleep under light, porous bed covering, and do not be afraid of fresh, cold air by day or night. To observe these rules is to enjoy undreamed of immunity from colds.

The question of underwear is a very important one in its relation to health. As to material, perhaps a mixed woolen and cotton fabric, light weight, for summer, and medium weight for winter, is best. Changes of underwear, of hosiery, especially, should be so frequent as to preserve scrupulous cleanliness, and no garment worn during the day should be retained at night.

All clothing should be well fitting, and so adjusted to the figure that every organ has perfect freedom. The weight of all garments, so far as possible, should be borne by the shoulders—not by the waist and hips. Tight clothing interferes with circulation and respiration, induces faulty postures, and tends to the displacement of internal organs, to say nothing of causing continual discomfort and irritation. Corset wearing is undoubtedly the cause of much physical disability and ailment among women. If any part of the abdominal walls be compressed, there must be some deviation of the abdominal organs from their normal position. The "old style" corsets forced the abdominal organs downward, and were a prolific cause of disease. But the new "straight front" corsets, together with the high-heeled shoes now so commonly worn, are even more injurious. Not only is the normal equilibrium of the body changed by raising the heels, and a condition of muscular tension brought about, but the supporting ligaments of the abdominal and pelvic organs are affected, and more or less functional and nervous derangement produced.

Live for something. Do good, and leave behind you a monument of virtue that the storm of time can never destroy. Write your name in kindness, love and mercy on the hearts of thousands you come in contact with year by year; you will be as legible on the hearts you leave behind as the stars on the brow of the evening. Good deeds will shine as the stars of heaven.—*Chalmers.*

Let no man presume to give advice to others that has not first given good counsel to himself.—*Seneca.*

As good almost kill a man as kill a good book; who kills a man, kills a reasonable creature, God's image; but he who destroys a good book, kills reason itself.—*Milton.*

There are no accidents so unfortunate from which skillful men will not draw some advantages, nor so fortunate that foolish men will not turn them to their hurt.—*La Rochefoucauld.*

A CASE OF ANEMIA TREATED BY SUGGESTION.

BY GEO. BIESER, M. D., NEW YORK.

There is a common notion among practitioners of medicine that Suggestive Therapeutics, at its best, is only of service in the management of functional mental and nervous diseases, of imagined diseases and of habits. This notion is erroneous and is due mainly to unfamiliarity with the process of Suggestion as a remedial agent. No one, who has carefully observed the inherent tendency or effort of the organism to cure its curable diseases through mental and physiological processes called collectively the function of reparation, or the *vis medicatrix naturae*, or who has had the opportunity of actually seeing what Suggestion, either alone or in conjunction with other remedial agents, did accomplish in the way of prevention, alleviation and cure when rationally and skillfully applied to arouse, augment and direct the remedial efforts of the organism in certain cases laboring under organic diseases, would entertain such a notion.

Barring those which are purely the result of physical, chemical and bacteriological agents, all diseases and conditions, whether functional or organic, are due primarily and practically to improper and baneful habits of life, thought, motion and sensation. At first, these habits by engendering excessive or diminished, or otherwise improper activity of functions, cause only functional disturbances. Eventually, if no effective efforts are made to stave off their destructive tendencies, these functional disturbances by causing disorders of nutrition, of reproduction and of correlation will engender organic diseases.

All organic diseases are not of an intractable nature; the majority are curable by means which restore the altered mental and physiological functions to the normal again. However, by restoration of functions, I do not mean the masking or the apparent removal of symptoms complained of by the patient; but I mean the re-establishment of the normal workings and structures of organs and the normal relation of activities between the various organs. Even in cases of intractable diseases, some of the disturbed functions can be restored and the patients temporarily or permanently relieved of many disagreeable symptoms and conditions by appropriate therapeutics; and Suggestion is not at the bottom of the list of serviceable remedies employed in such cases. I know from experience that Suggestion properly applied is of service in making many otherwise distressing conditions endurable to patients who are suffering from diseases which can not be cured.

It has always appeared to me that healers in general are either too metaphysical or too materialistic in their notions of what constitutes rational treatment of the sick and miserable. As long as man is the sum total of biological processes, of mental and physiological activities, and as long as natural laws are immutable (as history and experience show them to be), no system of therapeutics that degenerates either into psychism or into materialism can possibly be an ideal form of treatment for sick and

miserable humanity, an ideal form of treatment which will be both practical and serviceable. Of late years, the influence and power of the mind over the body have been too much exaggerated where formerly they were too often disregarded. The ban on Suggestive Therapeutics has been the exaggeration of its virtues by empirics and proselytes.

A disease of common occurrence, one which may be either a primary organic affliction or a secondary one, is that known as anemia. In anemia proper, the organic changes are principally in the blood and lymph, and consist of chemical, physical and morphological alterations of these fluid tissues. As a result of these changes the various organs become improperly nourished, even to the degree of morbidly nourished, and perform their functions abnormally. Usually all the organs of the body suffer when there is a condition of anemia; but all the organs are not affected in the same manner or to a like degree, nor are all persons suffering with anemia sick in the same way and to the same extent.

In anemia the central nervous system, and more especially the brain, from the nature and number of its functions, presents the most disturbance in its workings. Viewed from one aspect, the brain is the principal controlling organ of the body. Its activities and its control over a person's mode of life and thought, and habits of motion and sensation, are dependent not alone upon mental cast, but essentially upon proper, or normal, nourishment. The nutriment of the brain, like that of every organ of the body, is obtained from the blood and lymph. Because the blood subserves such an important functional relation to the brain, it is evident to rational therapeutists that Suggestion can only be effectively employed to evoke the mental activities which will determine the desired mode of life and thought, and habits of motion and sensation, in persons suffering with anemia, when suggestotherapy is supplemented by accessory hygienic and remedial procedures which increase the quality of the blood and the amount of blood circulating through the brain.

For our present purpose, the blood may be said to serve three main functions in the body. In the first place, it furnishes nutriment to the countless individual cells that make up the body. The blood itself is nourished by the food ingested and digested, by the fluid imbibed and by the air inhaled. It supplies, when healthy, the nutritive principles that repair the waste continually going on in active living cells. In the second place, the blood receives the special and waste products, whether gaseous, liquid or solid, secreted by the cells. The special products serve various biological purposes and the waste products are brought by the blood to the organs which eliminate them from the body. In the third place, the blood is the main oxygen carrier of the body. It is the oxygen of the air absorbed by the blood passing through the lungs that arouses after proper assimilation of it by the cells, the healthy activity of the body, generally called vitality. Any condition, which interferes with the proper absorption and assimilation of oxygen by the body lowers vital activity and induces disease. Anemia is such a condition and is exceedingly prevalent in large cities, especially among young women.

Without entering into a discussion of the essential and contributory causes of primary and secondary anemias, let me report a case of "*primary anemia of young*

women" successfully treated by formal and rational suggestotherapy.

The patient, Rose D——, single, aged 26 years, artist, was referred to me for treatment. Her history shows that previous to her present complaint, which began gradually about five years ago, she was a strong, robust and well nourished girl without any form of nervousness or bad habits. Since her complaint began she had consulted many physicians and received all sorts of treatment, medicinal and not, but with temporary relief only. Recidivation—backsliding, was a marked feature of her case. She attributes her complaint to the trials and cares resulting from the burden of caring for many years for an insane mother and to womb trouble which some physicians told her she had. Her mother, whom the patient seemed to be the only one that could manage her properly, and whom I cured lately of chronic melancholia by suggestotherapy, became insane shortly after the death of an idiotic sister of our patient, which was about eight years ago. The patient's father and brother are healthy, well nourished individuals who claim they do not know what it is to feel sick.

The patient complains of cold hands and feet, of frequent headache, backache, pains in various parts of the body, frequent attacks of coryza and hoarseness, occasional short, hacking, dry cough, dyspnoea on exertion, palpitation of the heart, oppression about the chest at times, loss of appetite, dyspeptic symptoms, constipation, at times annoying cystic irritation, dysmenorrhoeal pains, great falling out of hair, drowsiness during the day and insomnia at night, weariness, loss of memory and power of application, constant dread of becoming insane, and numerous other subjective symptoms. Examination of the patient revealed a tendency to muscular relaxation, cold hands and feet, irregular heart action, anemic murmurs over the regions of the heart and great veins of the neck, pale skin and mucous membranes, apathetic listlessness, ill-nourished body and some other minor conditions. In short, she was suffering with anemia due to her unwholesome mode of life. The condition of anemia being so evident in this case, no gynecological examination was proposed and no histological examination of the blood was deemed necessary. As medicinal and other remedies for anemia had been given a fair trial by former physicians in her case, I proposed the treatment by Suggestion. She had been a close student of matters psychical for some years and therefore gave her consent readily; in fact, after I gave her a brief explanation of how the process of suggestion cures, she became enthusiastic and volunteered the opinion that it was and must be the only rational treatment of the sick. This spontaneous statement of the patient convinced me that my efforts would bear fruit. Although enthusiasm over the mode of treatment is not necessary on the part of patients for the success of our efforts made to prevent, mitigate and cure diseased conditions in patients by Suggestion, still it is a great help if it can be aroused to a marked degree.

In testing for the type and degree of suggestibility in this patient, I found that she was mainly susceptible to verbal suggestions of a philosophical character when they savored of truth and probability only. Absurd suggestions of any description were not acquiesced in by the patient; and it was evident to me that she relied mainly upon inner *motifs* arising from auto-suggestions for the character of her feelings, conduct and faith. In other words, she was

as some would say, "hard-headed." The condition of catalepsy could not be induced, that of anaesthesia, or rather analgesia, was easily induced by Suggestion.

The management of her case consisted of educational treatment and of therapeutic suggestions proper. It was begun as follows: I said: "Miss D——, your entire complaint is due to anemia which, in your case, has resulted from your improper mode of life. You cannot expect to be a well woman as long as you disregard hygienic laws. You cannot disregard the fact that you are an animal. Because you are primarily an animal, you must eat proper and sufficient food, drink an adequate amount of fluid, breathe enough wholesome air, and adapt means to keep your body at the proper temperature. These are the life essentials which, when properly attended to, will nourish your body as it should be. When you are normally nourished, you will experience agreeable sensations and think wholesome thoughts and your mind will be master, within physiological limits, over the conditions of your body. Your essential complaint is anemia, a condition of the blood which renders it insufficient for the proper nourishment of your organs; hence their improper activity and your numerous mental and bodily disturbances. Replenish your blood, not w medicines and like agents, but with nourishing food, wholesome liquids and pure air; then will all your organs vibrate with that activity called vitality, called life." Here the patient was told the kind of food stuffs to eat and the kind of liquids to drink, together with their quantity.

"Breathing, proper breathing, is absolutely necessary for your complete and lasting recovery; for while food and drink simply replace the tissues which you wear out in your daily life, it is the air, or rather the oxygen of the air, that you breathe which gives you strength and vitality. If you think for a moment, a dozen incidents will impress you of the truth of this statement. You instinctively take a deep breath before you lift a heavy weight, at the moment you start to run, and even when you begin to make strong mental efforts, especially if you attempt to suppress disagreeable thoughts and feelings. Many have ruined themselves through over-feeding and over drinking; they, thinking that the more they put into their stomachs, the stronger they will become. There is no greater and more prevalent mistake. Mere food and drink do not give us strength or vitality; they only repair waste, build new tissue and manufacture the blood—the life-giving fluid. You see now the importance of repairing your blood and of breathing properly. All judicious habits and efforts, like out-door exercises, deep breathing exercises, hearty laughing, singing and similar exercises, tend to increase vitality by causing greater absorption of oxygen through lung expansion. Remember once for all that food and drink are not the fuel of the body, like coal in an engine, but that it is the tissues of the body that are oxydized and give rise to the manifestations of energy by living creatures."

The patient was then persuaded in the usual way to enter the suggestive condition. The therapeutic suggestions were as follows: I said: "Miss D——, you believe that you will soon be a well woman. I have explained your exact condition, and its cause, to you. You are determined to be well and strong, as well and strong as many of the young women of your age that you know. I have told you how it is that they are healthy women. Do not think merely of being healthy, of being well

and strong, but do what is necessary to make you healthy and keep you a healthy woman. This is very simple. Eat three good meals every day and let them consist mainly of the victuals which I have mentioned as best for you. In a few days your appetite will have improved so much, that you will be hungry for every meal and you will eat well of it. The food you eat will taste well, you will digest it, it will repair your blood and body. You will enjoy all your meals.

"Hereafter, drink three tumblersful of water more than you have been accustomed to in the past. This increase of fluid will aid digestion, increase the volume of blood in your body, will relieve your bladder trouble, will relieve your constipation and render menstruation painless. Drink your fluid slowly, often and, best, in sips. Tomorrow morning, before breakfast, your bowels will move normally. Attend regularly to the calls of nature. Your bowels will move naturally every morning. Take deep breathing exercises frequently during the day. Practice faithfully the breathing and other exercises of the *Americanized Delsarte Culture,* with which you are familiar. Laugh and sing as often as possible and proper. Stay and sleep in well-ventilated rooms only. You can sleep. You have done so often in your life. You feel drowsy now. Sleep tonight and sleep every night like every healthy person. No reasonable amount of brain or physical work can disturb your rest at night.

"No one can be insane whose brain is well nourished and who thinks wholesome thoughts. You believe that you were born with a strong, normal brain and that much of your suffering was due mainly to worry and improper use of the imagination. Understanding thoroughly the nature and cause of your mental distress and nervousness, you now believe that no overtaxing of your intellect in the past by worry has diminished your natural power for mental and physical efforts. Your WILL is strong enough now, and will be more so shortly, to control your thoughts at any time and keep them in proper channels. You have confidence in your abilities. You are self-reliant, ambitious, courageous. You feel better, you feel happy. Soon your blood will be normal and your memory and cheerfulness will return and a buoyant feeling pervade your whole body. Be cheerful all the time, look only at the bright side of life. Recall as often as possible those agreeable experiences which gave you pleasure in the past. Pleasure is real; for it can be computed in units of time. Dress carefully in cold and wet weather. Avoid draughts. Two or three times a day lie down with the head low for fifteen or twenty minutes and think of the directions and suggestions which I have given you."

After repeating the above in essence five times, I said: "Miss D——, you will soon be as well as the healthiest woman you know. You are a good subject for treatment by Suggestion, and I know from experience that you will recover your former health entirely. You will come regularly for treatment without fail." Here the patient was restored to her ordinary state of personality. After six weeks' treatment she had nearely recovered and, today, she is free from her former complaint, is well nourished and cheerful.

Unselfish and noble acts are the most radiant epochs in the biography of souls. When wrought in earliest youth they lie in the memory of age, like the coral islands, green and sunny, amidst the melancholy waste of ocean.—*Thomas.*

Experiences

THIS column is devoted solely to contributions from readers of SUGGESTION who desire to assist in the investigation of psychic phenomena by reporting interesting facts from their own experiences, or any phenomena they have witnessed.

We give this opportunity to our readers in order to stimulate increased interest in the study of the occult, and to obtain all possible reliable data on the subject. It is only by intelligent, painstaking observation of particular instances, and their accurate reporting, that satisfactory evidence can be accumulated. True scientific inquiry takes nothing for granted, and has no preferences; but seeks only to discover the truth, no matter what that may be.

Hence the work of our SUGGESTION readers in the field of psychic research will depend for its value not only upon the enthusiasm of the investigators—and this, we are glad to say, is most gratifying—but upon their careful, unbiased weighing of all evidence which they consider. Then do not investigate in order to establish some pre-conceived idea of your own. Conduct every experiment with rigid impartiality. Divest yourself of all prejudice, and be anxious only to find out facts, and to report such facts with absolute correctness. We expect much of interest to be developed, and invite the fullest exchange of opinion from our readers. As this is distinctively a column for contributions from readers, no comments from the editor will find their way into it. Moreover, the editor desires it to be distinctly understood that he is not responsible for the views of any contributor to this column. The experiences are published for what they may be worth, but the absence of editorial comment must not be taken as an indication that any contribution or discussion accords in the slightest with the editor's own opinion.

EDITOR SUGGESTION:

I have been reading your magazine SUGGESTION for about a year and a half, buying a copy each month from the newsdealers, and I have been particularly interested in your articles regarding the mediums.

In this October number I see that you invite your readers to contribute anything they may have to offer regarding observations of *genuine phenomena.*

I have had an abundance of experience in investigation of the true phenomena, and from the fact that my research was conducted at home with three adult members of my own household, all as honestly interested for obtaining genuine results as I, and none of us had previously had any experience in the line of study of the spiritualistic nature, we are positively certain that the results which we have received were *genuine* in every sense of that word.

With no outside person or other medium present than ourselves and the mediumship that we have developed among ourselves, we had no fraud to fear, and knowing each other so well, we can assert with the most *absolute positiveness* that what we have experienced has been *truly genuine.* The phenomena developed began with the tiny rap and table movements to independent writing, trumpet communications, spirit lights, materialized hands, and independent voices.

I am following this letter with an article giving my experiences as a home seeker after truth and you may publish it if you like.

We are *not* before the public and I have no motive in presenting an account of my investigations except to give things as I have found them and without pecuniary gain or profit.

My knowledge of the phenomena of spiritualism having been gained under conditions of the utmost honesty, I am in a position to know that the phenomena I have observed are genuine, and to me it matters not what skeptics may believe or not believe, that truth *remains* and cannot be destroyed by any amount of argument.

With the knowledge I possess of these things I cannot be convinced of the fraudulency of the mediums alleged to have been exposed through various numbers of SUGGESTION; they may have been bogus and they may not, I am unprepared to say, as I have no personal knowledge concerning them, but I am prepared to say that spiritualism is a profound fact and truth.

Yours most cordially,

Detroit, Mich. CHAS. W. AUSTIN.

Spiritualistic Experiences at Home.

"And though all the winds of doctrine were let loose to play upon the earth, so Truth be in the field, we do injuriously by licensing and prohibiting to misdoubt her strength. Let her and Falsehood grapple:

who ever knew Truth worsted in an encounter?" —Milton.

If a man die shall he live again? Have we any positive and certain evidence to prove a continuity of existence and conscious individuality beyond the grave? These are questions that engross the minds of thinking humanity who have arrived at no method of solving this great mysterious subject. Did ever a spiritual pilgrim return and assure his mortal friends that he still lives? Is this a problem unsolved and a mystery unfathomable to those who dwell upon this terrestrial plane, or does spiritualism offer any unmistakable proofs that our departed friends still enjoy a conscious, living existence and are capable of transmitting to us a knowledge of the continuity of life? The spiritualist is ready to give the answer with an affirmative "yes," but the skeptic believes not, and demands the proof. Positive assurance is demanded, and if spiritualism can furnish the proof, it is then established as a truth. Then let us examine the evidence that spiritualism presents before we consider it as a myth or a truth. I can do no better than to reveal to the anxious enquirer the results of my personal investigations in the field of spiritual research, and I hope the reader will extend to me the same attitude of acceptance of my veracity in detailing my observances as he would expect of me were he explaining his experiences in some line of investigation in which he was sincere and about which I knew nothing. In my early training the orthodox idea concerning a future state of existence after death had been my religious instruction, and spiritualism was an unknown quantity in my mind; and in the absence of knowledge concerning it, I had considered it a fanatical belief without substantial foundation. But there came a time when well grounded proofs appealed to my sense of judgment, and my former prejudices and skepticism gradually melted away before the glaring light of truth, as convincing evidences forced themselves upon my reason. My investigations were conducted under the most favorable conditions possible, in respect to honesty and sincerity, for it was within the walls of my own home, and with the assistance of the members of my own household, that these researches were carried on; and with the honest co-operation of my wife, her sister and niece, I began an interesting study of spiritual phenomena. Previous to establishing our home circle, not one of us had ever attended a seance where physical phenomena were manifested, and so to us it was a matter of curiosity more than expectation of success at obtaining results. It will be well for me here to state that no member of our circle of four either understood or was capable of practicing any act of legerdemain or any kind of conjuring trickery with which to deceive the rest of the sitters; and we commenced and continued our efforts to search for positive truth with a truly harmonious, conscientious, and honest intent. Our anxiety for results was not long in being gratified, for fortunately we had among our quartet a member who proved to possess strong mediumistic qualities, and after a few sittings the phenomena soon began to be presented. Setting apart two evenings of each week for the purpose, we continued our seances week after week and month after month for three years (bringing the time up to the present writing) and during that time some startling and wonderful revelations were manifested. It was our usual custom to sit in a darkened room, around a small oak stand, usually clasping hands. After a few se-

ances, and being thus seated, the first phenomenon manifested was the tiny spirit-rap, barely audible. But as we continued our seances the rappings grew stronger in force until they became as loud and distinct as though produced by a physical hand; and while the sitters still had all hands joined, these raps came upon doors, walls, and the ceiling at points entirely out of reach of any of the sitters, even had they unloosed their hands and been inclined to have produced the raps. There being no other person in the house, there was no mistake but that these sounds were produced by unseen intelligences, for they rapped replies to questions asked. These rappings sometimes occurred in distant parts of the house, unoccupied by any person at the time.

Doors would sometimes open, allowing light from other rooms to enter our seance room, and then close again, and upon investigation no one was found elsewhere in the building. This phenomenon I have several times observed to occur in lighted rooms and where no draught had caused it, all outside doors and windows that might admit a current of air, being closed.

In the early part of our investigations small white lights appeared in the darkness of the room and would sometimes rise to the ceiling and float about to different points in the room.

Had I observed this at a circle where a public medium was conducting the seance, I would have been inclined to suspect that it was produced by mechanical means; but occurring in my own home, where no one was present but my own people, each as conscientious as the other, and desirous of obtaining only the genuine phenomena, I knew that the phenomena which came, and other phenomena that followed were real. Sometimes the small table which was used in the circle was lifted from the floor, with only our hands in flat contact upon the top of it; and again it was lifted above our heads without contact with it. Once I felt the feet of the table touching my forehead while I was sitting in an upright position in an ordinary chair.

At this stage of our development solid, tangible hands would come and touch us in the darkness, and if we all joined hands it made no difference, we all felt these touches.

Articles would be taken from the hair and clothing of one person and passed to another by these invisible forces. We were informed by these manifesting intelligences that if we sat with a trumpet we could get communications, so I had a trumpet made and we began sitting for that phase. After the lapse of about two months faint breathing sounds came from the trumpet, but it was three months before any word was audible to any of the sitters. I, myself, heard the first word spoken loud enough to be understood, which was "Father."

As time went by and we continued our sittings, the development increased; sentences were formed, but in very faint whispers not always loud enough to be fully understood.

Our development gained strength step by step, until full conversations were held with our invisible departed friends, and from that time forth we have held communion regularly, and to us spiritualism is now an established truth. These voices have their individual expression according to the spirit manifesting, just the same as mortals possess characteristics peculiar to the individual. The characteristics of each spirit is always the same whenever

that certain spirit comes; and those with whom I have become familiar are at once recognizable without their giving their names. At our present state of development we hear loud voices, speaking without a trumpet. I have sat many times with my sister-in-law only (she being the medium), and we have heard loud singing in the room in which we were the only occupants, and as neither she nor myself are capable of the art of ventriloquism, the voice certainly must have come from an invisible, immortal being. I have sat with her when no other person was present and I have felt heavy touches from materialized hands while I held the hands of the medium in mine to make it a test; and when my hair was smoothly combed before the seance I have emerged from the room afterwards with my locks greatly disarranged, but not from fright. On one occasion I had placed a pad of paper and a pencil on the stand before the seance, and no sheet in that tablet contained a scratch of a pencil before the lights were extinguished; but after the close of the seance the upper sheet of paper was well filled with a poem. The lines were evenly written and parallel to each other, beginning and ending without running off the paper, every i dotted, every t crossed properly, and not in the handwriting of any person sitting in the circle. I have now given briefly a record of the success I have achieved in the study of these peculiar phenomena which I have observed and experienced times too numerous to mention; and as these revelations have come in my own domestic surroundings and unassociated with any possibility of fraud, it would be preposterous for any one to make the assertion that I was in any manner deluded, for although I was aided in my researches by those in whom I could place the most implicit trust and confidence, I exercised all the caution necessary to convince myself that my senses were not deceived. I have also visited two other trumpet mediums to whom I was, in each case, a perfect stranger, and there came to me on each occasion, the same recognizable voices giving the same names of the spirit guides and relatives that were in the habit of communicating to us in our seances at home. We are not giving public seances and are not conducting our home circles for any purpose except the satisfaction, pleasure, and knowledge we derive from it, knowing the amount of prejudice, ridicule and persecution that lie in the way of the public medium who is in it for financial profit. We have, therefore, shrunk from publicity as professional mediums. In conclusion I will admit that much fraud has crept into the ranks of the spiritualists—but there are hypocrites in the churches, also. However, that does not lessen the truth of spiritualism, nor does the presence of the hypocritical lessen the good in Christianity.

CHAS. W. AUSTIN.

Detroit, Mich.

Is Telepathy a Fake or a Fact?

The above question is often asked, but seldom answered, positively, either way. The writer has been asking it for twenty years, and is still asking it, and hoping for an affirmative answer with positive proof. If asked the question, I reply that li do not *know,* but that I *think* there is truth in telepathy.

The article by Dr. Hudson in the October SUGGESTION, was eagerly read and gladly welcomed by the writer. We can not all see everything, but we can all see a few things, if we want to, and can help

each other, by comparing notes. This is my excuse for this letter. I thank others, especially Drs. Parkyn and Hudson, for much help, and hope my mite may assist other seekers after truth.

Dr. Hudson refers to Prof. Carpenter, who is the first hypnotist I ever saw operate. That was early in the eighties, in Cincinnati, at Smith & Nixon Hall. I was only a boy of seventeen, but intensely interested. I was there every night, and watched closely and soon caught on to the way the subjects did. After my money ran out, I went as a subject, which brought me passes for the next show. Prof. Carpenter could close my eyes so that I was unable to open them, but I could never be made to see and do the things done by the somnambules, but as I wanted to attend, was out of funds, and enjoyed the fun, I did my share, and so far as I know was never detected by the audience or operator. I thought I was shamming, as everything I did at that time was voluntary with entire consciousness as it was also with other traveling hypnotists, whom I thought I was fooling; but in the light of later years' careful search, study, experiment, and the teachings of the masters, I am forced to believe that I was always as good a subject as the rest, or that they were as poor ones as I. We now know that the hypnotic subject knows all he does, and remembers it as distinctively as I do some things done with Carpenter twenty years ago. I did not sham then, viciously, I merely wanted to see the show and study performers closely and often. I was firmly convinced that they were asleep, but knew that I was awake. They felt no pain, apparently, but I never tried that test. Carpenter was not teaching the public, but entertaining them, but he was doing both for me, and I helped him all I could, voluntarily. For thirteen years, from 1882 to 1895, I never lost a chance to observe and study, both on the stage and in books, as student, reporter and physician, but never could fully satisfy myself whether it was fake or fact. In 1886 while a medical student, I again was with Carpenter, in Cincinnati, but with a different object in view. He kindly gave another student and myself a private seance in his room at the Gibson House, and suggested local anaesthesia in my friend and stuck pins into his hand, so that I became thoroughly convinced that that part of it was a fact, for my friend was an honest investigator like myself, and assured me that he suffered no pain, but felt the pins. I did not try it myself. Later I met many other hypnotists on the stage, but was still in doubt. I served on several committees to look after "sleepers" for periods of from two to five days and thought them to be asleep. Now I am convinced that even if they were asleep, they were fully conscious. In 1896 I took private lessons from a man who taught me more practical hypnotism in one week than I had learned by myself in thirteen years, from observation and study. After my first lesson from this man, I attended a case of twin labor, that same night, and the mother being a somnambule, and an easy subject, afraid of chloroform, readily took the suggestions, and I easily stopped the vomiting, the headache and suffering which had persisted all day, and after trying manual dilatation of the cervix, for several hours, until my hand was so cramped that I could not use it, at my suggestion she went into deep sleep, and the cervix, under positive suggestion, dilated in ten minutes, so fully that I could introduce my whole left hand entirely, through the vagina, into the uterus, per-

form version, unlock the chins and deliver twins, placenta and all rapidly, with quick contractions and no hemorrhage; the woman meanwhile snoring peacefully without any anaesthetic, excepting suggestion—words, words, words. Then I was thoroughly convinced. When I told my instructor, next day, he congratulated me on my success, and gave me more pointers.

Several years ago I met another traveling hypnotist going by the name of Svengali, and took him under surgical treatment. He was a fine operator, but excessively nervous. He could not stand the pain, so I suggested suggesting local anaesthesia, to which he readily consented, and being an expert himself, he quickly followed my suggestions, and I performed the operation, under a rapid fire of speech, without any pain to him. The next treatment three days later, was different. We had a man asleep in a show window under my care. He thought he would take this treatment without going to sleep, but when I began, he declared he could not stand the pain, and asked to be again put to sleep. I had just begun when he started up, wide awake, saying that he dared not go to sleep, while his boy was asleep in the window, for fear of public opinion and accidents. I assured him that even if he did not wake himself, that I could awaken both him and his boy, but he insisted that he would not go to sleep while the boy was asleep, although he wanted the treatment. I told him he need not go to sleep if he did not want to, but that I would give him waking suggestions of local anaesthesia, so he would not suffer. This was new to him, but was accepted. So while lying still with eyes closed, and after I had suggested local anaesthesia sufficiently, I went ahead with a painful operation; all the while carrying on a brisk conversation with him about his business, until I was through. Then I was quiet and he went voluntarily to sleep, so that my first attempt at arousing him was a failure. His two friends who were with him, who were both expert hypnotists, were badly scared. Here was a pretty mess. The boy asleep in the window, the boss asleep in the doctor's office, and could not be aroused. Here was my time to show them that they did not know it all. I left them on the anxious seat for a while, and cleaned up my instruments; then I laughed at their fears, for I had a card up my sleeve that they had not seen. I had tried to waken him after their usual manner, and evidently the only way they knew. They could not wake him. When I was ready I used my own way, and he yawned, opened his eyes, rubbed them, and said, "You nearly had me asleep that time."

We had the laugh and cigars on him. He told me I had done something beyond him—something that he had never seen or never thought could be done.

So much for Parkyn and original experiment.

This same man made a blindfold drive. He had a good bandage made of a black silk handkerchief bunched over his eyes, and held in place by a white cotton handkerchief, tied so tight as to cause the temporal veins to swell and his forehead to grow purple. I told my friends that he would succeed, and he did. He drove a team and carriage several squares, through crowded streets to a cigar store, and found a knife in the show case, under some cigars. He held one of the committee by the hand all the time. He admitted to me before and afterward that it was simply muscle reading, and even then it was a good test. It was just after this

drive that the second operation, described above, was done. This same party gave to me the most convincing evidence I ever had that there was truth in telepathy.

He had an excellent somnambule subject. He placed him in deep lethargy, seated in a chair facing the audience, with eyes tightly and securely bandaged with a large handkerchief. The operator was in the audience and went about soliciting tests, some few were written and handed him, but most of them were whispered to him by the audience. After he had received about thirty proposed tests, he first disposed of the written ones, then the verbal ones, not in their order as received, but as he happened to remember them, and every one was carried out to the letter by the subject. Some were difficult, others simple. I remember but a few. One was to turn his coat. Another was to turn a handspring, another was to tie the portieres through the chair back, another to take a rose from a man and give it to a certain lady in the center of the house. A friend of mine played a joke on me, and the subject came and took my arm and conducted me to the rear, and then went back and took my seat himself. My test proposed was that he come down to my seat, take my umbrella, return to the stage, remove his *left* cuff and pass my umbrella through it, restore his cuff to his sleeve, and return my umbrella to my hand. All this he did rapidly. The only error occurred when he started to remove his *right* cuff. The operator snapped his fingers and he quickly changed to the left cuff and completed the act correctly.

There were between twenty-five and thirty of these tests performed in about as many minutes. The subject was on the move all the time, all over the stage and audience, going up and down a steep stair to the stage rapidly, many times during the tests, climbing over seats and railings, without mishap. Before the tests started the audience was requested to keep perfectly quiet. Then the tests were whispered to the operator. During the performance not a word was spoken by the operator, and twice only, towards the close of the performance, was he at any time within twenty feet of his subject. Once when the subject took my umbrella, then he was within ten feet, and again when the subject led me to the rear and took my seat. Then he passed the operator in the aisle, but I was close to them and on the alert both times, but detected no communication. The only audible communication was a snap of the fingers made at the beginning and end of each test, or when the subject hesitated or was in danger of collision, or too near the footlights.

It would seem easy to do tests with the subject stationary, close to a phone, when tests had been written, or when the operator was talking and giving cues, as we have seen many magicians do. But with the tests whispered at a distance, the operator and subject separated and both moving rapidly, without a word being spoken, with every test quickly and correctly done, it would look very much as if there were truth in telepathy. These facts can be corroborated by others, but I do not care whether others believe or not. I simply want to know to a certainty for myself if there is any truth in telepathy. Again I ask the first question, and I should like some one to answer. Is Telepathy a fake or is it a fact?

HOMER CLARK BENNETT, M. D.

LIMA, OHIO.

Coincidence or Telepathy?

EDITOR SUGGESTION:

4020 Drexel Boulevard, Chicago, Ill.:

Dear Sir: You ask for genuine materialization and instances of voluntary telepathy. I have had some experiences which to me seem genuine, but unfortunately they can not be proven. However, I would like to submit the following, though to you they will probably seem quite unimportant:

1. A year ago while living in New York I corresponded with a physician in Illinois who had a year before cured me of nervous troubles and other ailments. Noticing that I was susceptible and psychic, the physician suggested that we try some experiments; amongst other things he asked me if I was aware of the fact that one person could appear to another at a distance and said some day he would try it. The first few months I was in New York I looked for some manifestation, but as nothing occurred I ceased to think about it. Early in February as I was about dropping to sleep one night, I saw a white figure standing by my bed. I sat up and tried to shake off the impression; the figure disappeared. Thinking it was imagination I again lay down, but as soon as I became passive the figure again appeared. Again I sat up, and again the figure vanished. Three times this was repeated and each time with the same result. The figure was too indistinct to be recognized, but I seemed to feel the presence of my former doctor; of course this might have been imagination.

I wrote of this occurrence to my physician and he said he had tried the experiment early in February, but had neglected to put down the date. I can't think it was all imagination, for I had ceased expecting any manifestation and, at the time, I tried to lay it to imagination and endeavored to throw off the impression.

2. When I left Illinois the doctor told me to write to him and keep him informed of my condition; this I did, but for two or three months was quite busy and failed to write. The doctor, thinking I might be sick, desired to find out, and on two different occasions concentrated his mind on the subject and willed me to write. Both times he received letters from me dated on the days he had tried the experiments. Was this coincidence or telepathy? How can one tell? Very truly,

MRS. MAUD JOHNSON.

Telepathic Experiments.

EDITOR SUGGESTION:

I have been greaty interested in your discussion of telepathy in SUGGESTION. As I have had some experiences that seem to demonstrate the fact of thought transference, I take the liberty of relating one incident. First let me say that I make no pretension to any real knowledge of the subject.

Several years ago a friend gave me a copy of "Hudson's Law of Psychic Phenomena," which I read aloud at home to my wife and a young lady who was visiting us. We were all very much interested in the book and the various phenomena that are therein set forth. I had been reading several other books on the same general line, and this last book interested me so much that I was anxious to see if I could do anything in the line of hypnotism, etc. The young lady referred to was also much interested and offered herself as a subject. I made my first experiment and found that she was a good subject and was easily hypnotized and put in a profound sleep, as I then supposed, but from what I have read of your writ-

ings I am led to the conclusion that she was not asleep, but simply under the power of suggestion. Almost all the experiments that Hudson gave as common in hypnotism were readily reproduced. We had been very much impressed with Hudson's statement that the subjective mind never forgets anything and an opportunity soon came for testing this theory. My wife had put a certain small article away somewhere in our house and had forgotten where it was. She had hunted for it very carefully for several days all over the house, but could not find it. She was much annoyed, as she wanted it for use. One evening when the three of us were all together it occurred to me to try and find it by means of hypnotism and mind reading, so I hypnotized my subject, my wife being present, and when she was apparently in a deep sleep I said to her: "I want you to read my wife's mind and find where she has put the article she has been hunting for these last few days." In a moment she said to me: "Go up to the bath room closet, on the third shelf is a pile of boxes, behind those boxes is a small green box. In that box you will find it." My wife went upstairs to the place indicated and found the green box and in it the article sought. The young lady had only been in our home a few days, had never been in the closet mentioned and as far as I can see could by no possibility have had any chance to learn where the article was. When she woke she was as much surprised as we were at the result of the experiment and said that she had never seen the article or the box in which it was found until my wife showed them to her. The article had been put away several months before. This has always seemed to me conclusive evidence of thought transference or telepathy.

A few nights after this occurrence I attended a military ball at which a uniformed company, of which I am a member, was present as guests of the company that gave the ball. It took place at the First Regimental Armory. Among other guests were the Armour cadets, a company of young ladies who gave an exhibition drill. When the grand march took place our company led the march and each of us escorted one of the young ladies of the cadets. I did not reach my home until after midnight, when all the family had retired. I left home the next morning before the young lady referred to was up. She was not in very good health and did not get up early in the morning. I did not see her until I reached home the next evening. I had not told her or my wife anything about the gathering the previous evening. She had never seen me in my uniform. After supper when we were all together, my wife, the young lady and myself, I hypnotized her as before and placed my hand on her head and said: "I want you to tell me what you see." I then fixed my mind on the scene of the ball. In a moment she said: "I see a large room and a great many people." "Do you see any one you know?" I said. "Yes, I see you," she replied. "Who is with me?" I asked. "A young girl about 16 or 17." "How is she dressed?" I asked. "She has on a red skirt, a white waist and a blue jacket" (these were the colors of the cadet uniform). "What has she on her head?" I asked. "I don't know what it is," was the reply. I put a paper before her and gave her a pencil and told her to draw it. With her eyes closed she drew a mortar board hat, which was the head dress or covering the girls wore. I had not described these things to my wife or anyone

else. There had been no account of it in the paper, and I cannot conceive how she could have learned what she saw and described except by thought transference from my mind to hers.

I do not write this for publication. I do not want to be known as a hypnotist. I have never tried to hypnotize any one else besides the one subject. I do not write this in any spirit of controversy, but because you have invited your readers to give you any facts in their experience that bear on the subject of mind reading; and as my experiences have seemed to me to demonstrate that there is such a thing as thought transference or mind reading, I give it to you for what it is worth.

ILLINOIS. F. J. C.

Believes in Telepathy.

PITTSBURG, OCT. 15, 1902.

EDITOR SUGGESTION:

After reading the, to me, unaccountable dissertation of J. S. Ellis, upon the subject of Telepathy or "Thought transference," in your interesting issue of October, I realize that it is high time we recall our missionaries and tutors from foreign shores and instruct some of our fellow creatures, on this side of the Atlantic, in the fundamental principles of common sense—self evident fact.

If a blind man were to argue to J. S. Ellis that there was no such thing as the sun, because he (the blind man) had never seen such a creation, is there any reader of this magazine who could doubt the reply to such an assertion? Obviously, there could be but one answer, to-wit: Never deny the existence of a thing because you do not know of its existence.

If telepathy had not long since been lifted far and very far above the plane of accident, or coincidence, then I would willingly give Mr. Ellis the benefit of the doubt, but having been subjected by thoroughly scientific and purely unprejudiced bodies to a most crucial test and having been proven to exist, *where the possibility of accident has been eliminated,* there remains the self evident truth that an army of Ellises can never throttle.

Early in life I fell a victim to the same egregious blunder, that has mastered Mr. Ellis—I *hope* not permanently. I refused to believe what I could not see. I have learned to listen to reason since, and I hope a merciful Providence will forgive me such a blunder in connection with science.

My conversion to the real truth in the matter of telepathy was primarly brought about by realizing the vast number of reputable, scientific men, who, after exhaustive and impartial examination, pronounced telepathy *an actual, existing fact.*

Determined even after this to "make assurance doubly sure," I determined to experiment for myself. I did so with the following results:

My first test case was in the line of correspondence. I resolved to communicate—*mentally*—with a young lady whom I had met but upon one occasion in my life, but whose face I remembered well. She lived about four hundred miles from my home at the time the experiment was tried, and I had never requested her to write me even a note, nor had she ever even intimated that a line from me would be acceptable.

I darkened my office, placed myself in a position where the tension of every muscle was relaxed and slowly brought her face—mentally—before my closed eyes. I then, to the exclusion of all other thought, concentrated my will upon the one idea that she would think of me and be seized

with a desire to write to me, which she would carry out. This concentration of will I kept up for probably twenty minutes, after which I assumed my normal condition. No imagination, however vivid, could, I believe, adequately describe my feelings, when, two days afterward, I received a four-page letter from the lady in question. Even then, while the evidences under the circumstances were overwhelmingly in favor of the proof of telepathy, I resolved to test the matter further. About one week subsequent to the test just referred to, I determined to, if possible, communicate with a school teacher living about three hundred miles from where I was at the time and whom I had met but once, no mention of writing having ever been made by me and no letter having ever been received from her by me. I went through the same preliminaries as mentioned and my efforts were rewarded by a long letter about two days thereafter.

Shortly after this, while camping on the shores of Lake Ontario, in New York state, I met a lady who while interested in occult science, was, like our friend Ellis, an unbeliever. She was open to conviction, however, if the evidence was of a sufficiently potential character. We then entered into the following agreement. Having exposed some photographic plates for the purpose of making photographs of herself and family, I informed her that while I did not know when the photographs would be ready for delivery when they were I would telegraph her *mentally,* that I was about to mail them to her. Eventually she returned to her home in Brooklyn, N. Y., and I to mine in Pittsburg, Pa.

About *three and one-half months* after the date of the above agreement, I printed the photographs and packed them for mailing. Immediately before forwarding them by mail to the percipient, I assumed the relaxed condition with concentration of will before referred to with the *intention* of having her see and know that I was about to start the package upon its mission. This was in the evening. Then having mailed the parcel I awaited results. They came. Shortly afterward I received a letter from her that settled all possible doubt upon the question. It informed me that the writer had long since ceased to even think of the photographs, believing the matter more a joke upon my part than a serious proposition, when suddenly I appeared to her that evening (*the evening I made the test*) and she distinctly felt I was about to send the promised pictures. She further said the thought took such possession of her, she could talk of nothing else to her family, so much so that her parents laughed at her for dealing *then* with a subject that had its origin so long *before.* She closed that letter by assuring me that from that day on no one could convince her that telepathy was not a fact.

I may add that this was the only letter I ever received from this person.

After reading Mr. Ellis' unbelief, I had determined to cite absolutely indisputable authorities, but I saw later that Mr. Thomas Jay Hudson had covered the ground so thoroughly in your October number my authorities would have been the very ones offered by him. If, after Mr. Ellis has read these—and by no means the least of them is "The Law of Psychic Phenomena," by Hudson—and can possibly still doubt the possibility of telepathy, let him hypnotize a subject thoroughly and experiment. There will be a surprise in store for him that he will not soon forget and I offer the prediction that the army of believers will be augmented by one.

CHARLES A. ROBB.

Queries and Answers.

PLEASE NOTE.

The editor will endeavor to answer all queries as satisfactorily and fully as possible. However, as the majority of the readers of SUGGESTION are in possession of his mail course on Suggestive Therapeutics and Hypnotism, frequent reference will probably be made to certain pages of the course in the event that a detailed answer to the query may be found there. All queries will be condensed as much as possible, so that there may be sufficient room each issue for the numerous interesting inquiries already pouring into this department. The editor does not wish to monopolize this whole department and would be pleased to hear from any reader who can furnish further and better information. It is desirable that those who seek information report the results, whether good or bad. When writing anything concerning a query please give the number attached to it.

Query 42. Raising a Blister by Hypnotism.

EDITOR SUGGESTION:

I have often seen it reported that a hypnotist could raise a blister on a subject's hand with a cold piece of iron if the subject was told the iron touching him was red hot and would burn him. I would like to know if this is true; if it is easy to obtain the result, and what conditions are necessary.

No doubt others are interested in the subject, and a little article in your magazine telling about it would be welcomed. I would like to know the real facts as they are known to you personally. W. A. R.

[It is a popular idea that a blister can be raised on the hand of a good hypnotic somnambule, but I know of no authentic cases, and I am certain, if it could be done, that with all the operators there are experimenting with hypnotism in this country we should have some satisfactory evidence. But this evidence is not forthcoming, consequently I think I am perfectly safe in saying that no real injury of tissues follows the suggesting of a burn. Bernheim reports having raised a blister on one subject by suggestion, but he did not witness the development of the blister and had to take his subject's word that it appeared twelve hours after the seance. Various writers and authorities say that a blister can be raised, but most of their evidence is hearsay and they offer no proof of the genuineness of the phenomenon.

I have tried the experiment hundreds of times with excellent hypnotic somnambules, but only in one case did a blister develop, and as the story may prove interesting I will relate it.

A boy, aged 18, the son of well-to-do parents, was being treated at my clinic for epilepsy. He attended every clinic regularly for several months and was our "star" hypnotic somnambule. At that time I believed firmly that the hypnotic somnambule went profoundly to sleep. This boy would always say after his treatment that he had been sound asleep and remembered nothing that had been said or done during his treatement, and I believed him. He was a fine anaesthetic subject. We could pass pins and needles through his flesh without eliciting the slightest symptom of suffering and he always declared he felt nothing.

One month I was giving instruction to a class of physicians at my city office and I asked the boy to attend one afternoon

to enable me to demonstrate some points. After the demonstration and before he left the room he said to me, so the students could hear him, "Doctor, do you see that mark on my hand? Well, you told me the other morning that your finger would burn the back of my hand and it raised a blister. That mark shows where the blister arose." I was interested at once and my class was astonished at the boy's statement, for he appeared so straightforward and his statement was entirely unexpected and voluntary. But there were two things I could not understand. If this boy was always sound asleep and remembered nothing, as he claimed, how did he remember that I had suggested my finger would burn his hand, and as I had made the same suggestion to him many times, why had a blister not been raised before? I determined to make a thorough test at the clinic next morning.

The following morning I told my students what had occurred, and when the subject arrived and hypnosis had been induced, I suggested my finger would burn his hand and emphasized the suggestion more than usual. I even placed a quarter of a dollar over the spot and told him it was red hot and was burning him severely. He appeared to writhe in agony, but on arousing declared he remembered nothing that had occurred. There was no evidence after his treatment to show that the suggestion had made the slightest effect on his skin, but mentally I had marked the exact spot where the coin had rested on his hand.

Among others attending my course at that time, were Dr. Walters, Dr. Severs and Dr. Alexander and all watched anxiously the next morning for our star subject to arrive, but he did not come at the appointed hour. The boy was attending High School in the city and in order that he might be in time for his classes I had instructed him not to go into the clinic room to await his turn with the other patients, but to come up the front stairs, directly into the operating room. Consequently he was nearly always the first patient treated every morning.

Well, on this particular morning about half a dozen patients had been treated and our subject had not made his appearance. Finally Dr. Alexander went down stairs to the clinic reception room to see how many patients were waiting, but returned immediately to say that the boy had been down stairs for some time exhibiting a well defined blister to the other clinic patients. He seemed to be very proud of his blister, but was a little shy when he came into the operating room. I examined his hand and found a blister which had evidently been raised by a burn, *but the blister was not over the spot on which the coin had rested when I made the suggestion the day before.* But my students were enthusiastic and I told the boy he was a wonderful subject and suggested that in the interest of science we repeat the experiment and have relays of observers to watch the blister develop, for he said the blister arose during the night while he slept. He agreed to undergo the test some Saturday night, but disappointed us twice. The third Saturday evening after waiting an hour for him to arrive we concluded he had decided not to come for the test, but finally he appeared accompanied by several of his school chums, who, I learned later, were his fellow students in the chemistry class at the high school.

The test was made. I gave even more vigorous suggestions of burning than at the other seances and he writhed more than

usual. Then I bandaged his hand in an original way with a roller bandage and sealed the folds of the bandage in a score of places with sealing wax, using my private stamp on the seals. He appeared to be disappointed when he aroused, for I told him it would not be necessary for anyone to sit up all night with him; that he could go home and sleep as usual, provided he returned with the seals unbroken. Dr. Sydney Flower of Chicago was present the evening the test was made and was with me Monday morning when I took the bandages off the boy's hand. The seals were uninjured and when the bandage was removed *the skin covering the spot on which the coin had rested was uninjured.*

The patient received his treatment as usual that morning; not the slightest hint being given that we suspected he had been deceiving us. We even attempted to make excuses for the failure of the test and assured him we should like to repeat it, but the boy never returned to the clinic nor have I seen him since, excepting on two occasions when I passed his home and saw him sitting on his doorstep. Even then he refused to recognize me.

I believe this boy was so conscious of his attempt to deceive me that he was ashamed to come directly into the clinic room as usual on the morning he appeared with the blister, and that his failure under test conditions so increased his embarrassment that he decided not to return again for treatment. I have not the slightest doubt now that if he had undergone the test as originally intended, viz: by relays of observers, he would have endeavored with the aid of his schoolmate confederates to produce the blister by the use of chemicals. I believe he had schemed with them to deceive us, intending to have them produce the burn with chemicals if they could find us off guard for a moment.

I understand the hypnotic-somnambule and hypnotic somnambulism better than I did when this incident occurred, and since I have learned that hypnotic-somnambulism is not a state, but a symptom of high suggestibility, and that the subject is not asleep but merely acquiesces in the suggestions of the operator, I have no difficulty in accounting for the subject's voluntary statement that a blister was raised by my suggestion, when he always declared he remembered nothing that occurred during his treatment.

Shortly after the failure of the test I asked some of the boy's neighbors about his character. These persons had known the boy for years, and said they would not believe him under oath; that he was notoriously untruthful and a moral degenerate; that some years before I met him he had cut off the feet of a cat, placed it out in the snow, and stood in glee watching it endeavoring to walk.

My experience with this subject was another reason for my making a study of the hypnotic somnambule, and it assisted me in drawing my conclusions and in strengthening the convictions I hold concerning hypnotic-somnambulism and the hypnotic-somnambule.—Ed.]

Query 43. One of the Life Essentials.

Editor Suggestion:

In giving instructions in the use of the life essentials, do you make a difference in the amount of water taken by different individuals according to their weight? G. F. S.
Missouri.

[The average adult requires about five pints of fluids in twenty-four hours, but a very good rule to follow is to prescribe one glass of water to every twelve pounds of weight for persons weighing less than

one hundred pounds, and one glass of water for every twenty pounds in excess of one hundred. At this rate a person weighing 140 pounds should drink twelve glasses of fluid.—Ed.]

Query 44 A Fair Offer.

Editor Suggestion:

I have invested $500 in Motzorongo stock and received my stock certificate. I believe I have made a very wise investment and look for a large dividend next year. I should like to have more of this stock before it is all sold, but I have no more ready money to invest at present. I own some property and could borrow $2,000 on it right away by paying 6 per cent interest on the loan. Now, you are a director in the company and must know exactly how matters stand. It looks as if a large dividend would be declared next year, but I would be satisfied with 6 per cent for the first year if I were sure a 6 per cent dividend would be paid, for I would borrow the $2,000 and invest it at once. I am confident the dividends will be very large within the next few years, but can you conscientiously advise me to borrow money for a year at 6 per cent and are you positive that the dividend the first year will exceed 6 per cent?

M. A. H.

Wisconsin.

[If I were not certain that the Motzorongo company is going to do everything it promises—aye, more than it promises, I would not give it one inch of space in this magazine. I am as close to the inner workings of this company as anyone can get. My father and others I know have been on the plantation. It can be reached in six days, and a number of Suggestion's readers are going to accompany me on the excursion to the plantation, probably in January. Because I do know all about this investment, know what it will pay, know the men at the head of it, know the development of the plantation, know the value and extent of the crops already planted, know the financial standing of the company and supervise the expenditure of every cent of the company's money, etc,—I am urging every friend and relative to get into this company while they can secure stock on the ground floor, and I want to see the greater part of this stock in the hands of the readers of Suggestion. I have been informed that so far, more stock has been sold through Suggestion than through any other single source and I want to see Suggestion keep on top.

By all means secure all the money you can raise at 6 per cent and purchase stock in the Motzorongo Co. This investment is not a speculation, and when the present allotment of stock is sold, I do not believe you would accept $100 per share for your stock, although you can obtain it now for $10 per share.

If it will be any encouragement to you I, personally, will agree to guarantee you 6 per cent on your investment next year and will deposit the money in any bank, in advance, provided you will give me one-half of the dividend for 1903 in excess of 6 per cent. In other words, if the Motzorongo Co. pays 20 per cent in dividends in 1903, you will get 13 per cent and I will get 7 per cent and my money back from the bank. This would give me over 100 per cent on the money I would have to deposit in the bank and I don't think anyone would look for a better investment. This surely will show the confidence I have in the proposition and speaks more forcibly than if I devoted a dozen pages to the merits of the Motzorongo Company's investment.

Let every reader of Suggestion take stock in this company until it becomes known as "The Suggestion Family's Plantation"; owned and controlled chiefly by readers of Suggestion. But secure

stock while there is some to be purchased. One thousand dollars invested now will draw an annual income of over $1,000 per year in less than ten years—probably in six or seven years—and it will pay handsomely every year up to that time.—Ed.]

Query 45 A Good Result.

Editor Suggestion:

Since I studied your course I have used suggestion a great deal under various forms with very good success.

Will give a case briefly. During August, 1901, I was called to see a lady, age 38, who had been attended by two regulars for seven months. The other M. D.'s from the start, said they would have her out in two to three weeks, but after treating for seven months they told her husband they could do nothing for her. They did not believe there was any cure for his wife, as they did all they could had used all indicated remedies, etc.

When I saw the woman I found an aggravated case of constipation of years standing; no appetite; extra bad heart; great emaciation and rheumatism. After examination they asked my opinion of the case and I told them, in the presence of the woman, in an assuring tone that she could be cured. Told them medicine would do no good, but rather aggravate the case. They asked me how I would treat the case if not by medicine. I answered, "by suggestion." But they didn't seem to know whether suggestion was something to eat or what it looked like. I explained as best I could and they seemed to fall in with the idea, and I started. The woman went into a good suggestible condition: relaxed nicely and everything seemed to work harmoniously.

Gave suggestions as laid down in your course to meet the conditions as well as I knew how, and tried to give her some ideas for employing auto-suggestions. After the second treatment there was marked improvement. The lady continued to improve very perceptibly and in four weeks (first week of September) she considered herself well. She had gained in weight; her bowels were regular; heart action normal, and she has remained well up to the present time.

Wherever I have used suggestion so far, without medicine, it worked like a charm; but for some reason when I mix the two it kind of "fizzles" on me.

I have mixed suggestion with placebos, and it has worked all right, but its effect is different when legitimate medicines are used. I have used suggestion to good advantage in obstetrics.

Were it interesting to you I could relate some very excellent cures I have made by suggestion. Would you care to have them?

Yours fraternally,

Indiana. B. S. M., M. D.

[By all means, Doctor, send us in reports of other cases you have treated, but tell us the suggestions you made to your patients. It is better to report one or two cases fully than to say "the patient had such and such complaints. I treated her by suggestion and she recovered." We want every article in the magazine to be instructive, and your experience will help others who may have similar cases. I shall be glad to publish similar reports from any of our subscribers.—Ed.]

Query 46. Bee Stings for Rheumatism.

Editor Suggestion:

I enclose two clippings from the Baltimore *Sun*. Do you really think there is virtue in the bee sting or is the effect produced by suggestion? W. F. E.

Massachusetts.

BEE STINGS FOR RHEUMATISM.

Mr. Charles E. Kemp Testifies The Efficiency Of This Remedy.

Messrs. Editors: Seeing the question in *The Sun* today, "Can bees cure rheumatism?" I beg space to reply. I have been subject to rheumatic pains in my knees and feet. Mornings, when arising from my bed, it was with pain I would put my feet on the floor and attempt to walk. I purchased two colonies of bees, principally to study their habits and have an innocent hobby. I have them in Langstroth hives, and when manipulating them for their honey, occasionally taking every bee out of

its hive, I get many stings in so doing. I protect my face with a veil, but my limbs receive a bountiful supply of the formic acid injected by the sting. I do know that since being stung rheumatism has left me entirely, and I have taken no medicine.

I am a member of the American Bee Keepers' Association, comprising about 1,000 bee keepers all over the United States, and many of our members testify to the same effect of the bee sting on rheumatism. Also one of the late editions of the *American Bee Journal* gave the names of several medical practitioners and drug manufacturers, who have been purchasing large quantities of bees to otbain the formic acid contained in the sac of the bee sting, this acid to be used in rheumatic remedies. CHARLES E. KEMP.

Roland Park, July 30.

THE BEE-STING CURE.

Personal Experience of Mr. Kerr In Caroline County.

[Special Dispatch to the Baltimore Sun.]

WILLISTON, MD., July 31.—The article in *The Sun* of Wednesday on the efficacy of honey bee stings in the cure of rheumatism was highly interesting in this section of Caroline county. Some time ago Mr. Jonathan W. Kerr, who lives a few miles above Williston, near Denton, announced to his friends that he had found a remedy for rheumatism. He said that after trying scores of "cures" without effect he had learned that bee stings were an alleviative. Mr. Kerr's method was to take a score of active, healthy bees from a hive, wrap them in a towel and by manipulation rouse their anger. Then he placed the towel about his hips, with the bees on the inside. The first application of this sort, he said, resulted in a miraculous effect upon his rheumatic pains, and he is a firm believer in the worth of the bee in medicine as well as in the manufacture of honey. The explanation is simple. The chief chemical agent in the bee sting is formic acid, and it is said that this is found in a pure and active state only in the bee. The chemists and pharmaceutists have never been able to produce formic acid as it exists in the posterior end of the bee. When the little fellow is aroused and injects the acid under the human cuticle in its primeval state it is quickly absorbed by the blood and drives the rheumatic poison out of the circulating system. Mr. Kerr, who is the leading authority in the country on plums and a member of the State Immigration Board, had to overcome much Caroline credulity when he first began to discuss bee stings, but Mr. Kemp's letter in today's *Sun* and Mr. Kerr's experience show that the clinical virtues of the busy little bee are beginning to be recognized.

[I am not prepared to say the bee sting has no virtue, but when it is remembered that thousands of cases of rheumatism have been relieved by wearing brass rings, by carrying horse chestnuts in the trousers' pockets, by fright from fire, by suggestive therapeutics, by Christian Science, by Magnetic Healing, etc.,—remedies which unquestionably depend entirely upon suggestion—it is fair to assume that the few isolated cases that have resorted to the bee sting cure have also been cured by suggestion.

A short time ago I saw an account of two men who had received the bee cure for rheumatism. One man in attending to some hives, accidentally upset a hive and was badly stung. He had suffered from rheumatism for years, but in his race to get away from the bees his rheumatism disappeared and did not return. The cure was accordingly attributed to the stings and a friend of the man that was cured decided to try his luck with the bees. He was badly crippled with rheumatism and had walked with great difficulty for years. Another hive was upset for his benefit, but the remedy did not work in the same way, and he was nearly stung to death before being rescued by his friends. The remedy proved valueless in his case.

The first man had probably suffered from a genuine attack of rheumatism at some time, but the cause of the trouble

having disappeared, the symptoms remaining were purely psychic and the patient could have been cured just as well at a lively revival meeting if his conscience had been stung.

The second victim evidently had a genuine case of rheumatism and it will take more than bee stings or a revival meeting to cure a case of genuine rheumatism, the result of failure to eliminate toxic materials from the body.

Rheumatism is generally caused by the waste materials of the body remaining in the circulation. This may be due to overeating or to drinking too little liquid for the amount of food consumed, and in such cases nothing but faithful, daily, internal flushing of the system with plenty of fluids will bring about a cure. I don't believe a bee sting or a thousand bee stings will supply the necessary amount of fluids, consequently, for the present, at least, I must believe that the cures by bee stings are made by suggestion and that the rheumatism cured by bee stings is purely psychic.

Here is a clipping sent in by another subscriber who says "How is This for Suggestion?":

ANOTHER MYSTERIOUS CURE.

Silk Strings Worn by Prominent Men to Banish Lumbago.

Gen. Ferdinand C. Latrobe, who served seven terms as mayor of Baltimore and is now president of the Consolidated Gas Company of that city, is making as great a reputation as a healer of lumbago as he did as mayor of the Monumental city. Senator-elect Arthur P. Gorman wears a nutmeg amulet on a silk cord around his neck to ward off neuralgia and his friend, Gen. Latrobe, has just as much faith in the efficacy of a silken cord worn around the waist next to the skin as a cure for lumbago.

Only Mr. Gorman's closest friends know of his faith in the nutmeg, but Gen. Latrobe makes no secret of his cure. When he was speaker of the house in the last legislature he was attacked with lumbago. A friend told him to try the silk cord. He thought his friend was joking, but, tortured with pain, he got his man servant to get him a silk cord and encircle his rather extensive girth with it.

The general declares it acted like magic. Next morning the pain was gone. He told other members of the legislature similarly afflicted and cured them. Since then his reputation has been spreading. His man servant, "Dr." Bob Wilson, has been replenishing the stock of silk cord from time to time. Since the winter and the lumbago set in the general's mail has been filled with inquiries about the silk-cord cure.

Recently the general received a letter from his brother in New York inclosing $2.00 and a request that he be sent two strings for a couple of his millionaire friends of the Metropolitan club. The money was turned over to "Dr." Wilson, the strings forwarded and shortly afterward came a letter stating that the millionaires were well.

Former Congressman Harry Wells Rusk and W. Spence, a number of members of the Maryland club and prominent lawyers, politicians and business men of Baltimore, the general says, have been cured by the silk cords, his man reaping the pecuniary profits and the general the praise and gratitude of his friends.

"The doctors make all manner of fun of me about it," said Gen. Latrobe, seriously, according to the New York *Times*, "and one of the leading physicians of the city said to me the other day: 'You don't mean to tell me that a sensible man like you believes in such nonsense?' and I told him I did not believe in it, could not understand how it could do any good and all that, but I only know that it cured me of lumbago. I had a few twinges this fall and felt an attack coming on, but no sooner had I put on a string than it disappeared and I have had not a sign of it since.

"My brother told me that he was telling Dr. S. Weir Mitchell, the famous specialist, about it and Dr. Mitchell said: 'I cannot see how it can do any one any good, but I am not so narrow as to say that it is not possible. It may have some effect that we know nothing of.'"

[Silk cords with nutmegs for neuralgia! Bee stings for rheumatism! What next! What next! But if you have your choice, choose neuralgia, and if you cannot obtain silk cords for less than $2.00 you can grate a nutmeg over your silk underclothing every morning before dressing. I offer this advice simply as *another suggestion.* —Ed.]

Query 47. Painless Dentistry by Christian Science.

Editor Suggestion:

Recently I employed a Christian Scientist to accompany me to the dentist's chair; she had three days for (prayer) preparation; used 1½ hours alone.

My teeth have always been super-sensitive and the many hours of crowning, bridging, filling and extracting work could not have been done without such aid.

Eight hours' work were done with *no pain,* except for about one minute.

Do you obtain such results from suggestive therapeutics?

Please reply by letter or in your query department, suppressing my name. H. B. L.

Illinois.

[Yes, we obtain such results by employing Suggestion and these results are obtained regardless of race or creed. Furthermore, it does not require more than a minute or two to determine whether or not a condition of anaesthesia can be induced in a patient. If the test for anaesthesia proves successful the operation can be performed at once. It does not require three days of prayer to produce anaesthesia in a patient. Suggested anaesthesia cannot be induced in everyone. However, the percentage of persons in whom it can be induced is very large, and if this fact were generally known and made use of there would be far less call for drug anaesthetics, in the use of which there is always more or less danger to the patient. Persons in whom suggested anaesthesia can be induced are called "normal anaesthetics"—they are not physical cowards. You are fortunate enough to be a normal anaesthetic, and next time you go to a dentist you will get along just as well if you use auto-suggestion and dispense with the C. S. and prayer. The thought that you were receiving assistance from the Christian Science healer was really an unconsciously employed auto-suggestion and produced the effect. But why not study auto-suggestion yourself, use it intelligently and be freed from the imaginary assistance of an old woman, who, although doing her best, does not understand nor recognize the real force that is employed?—Ed.]

At Set of Sun.

If we sit down at set of sun
And count the things that we have done,
And counting find
One self-denying act, one word
That eased the heart of him who heard,
One glance most kind
That fell like sunshine where it went
Then we may count the day well spent.

—*Ella Wheeler Wilcox.*

A "Good and Reliable Disease."

Bill Nye once said that John Bright, having discovered the need of "a good, reliable disease for the use of the aristocratic and American statesman," began to "sit up nights and perfect Bright's disease." He says of it: "It has been kept out of reach of the poor, and to die of this disease has been regarded as a proud distinction."—*Iowa Medical Journal.*

SUGGESTION

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EDITORIAL.

When this paragraph is marked with a red or blue cross it shows our friends that their time has expired, and we shall be happy to receive a renewal of their subscription soon.

Every subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. In the event that a renewal is not made at once, however, we assume that it is the subscriber's desire to have SUGGESTION continued, and our record is arranged accordingly unless we receive definite instructions to discontinue.

This is done in order to give those who may have overlooked their renewal and those who may not find it convenient to remit at once a chance to keep their files complete. We do not wish to appear unduly lenient or to give the impression that SUGGESTION is in any way a free magazine. It takes money to run SUGGESTION, and we shall be thankful to receive prompt renewals from our subscribers whose time has expired.

If we do not receive notice from a subscriber to discontinue sending the magazine, we will take it for granted that he desires his subscription extended for another year.

A Change for the Better.

Only a few years ago it was difficult to find a medical magazine that would accept an article on hypnotism or suggestive therapeutics for publication. But with the advent and spread of Christian Science, Mental Science, schools for teaching Suggestive Therapeutics, magazines devoted to Suggestion and the New thought, a great change has been wrought. Today almost every medical college in the country has established a chair or lectureship in Psycho-Therapeutics, and nearly every issue of an up-to-date medical journal contains contributions dealing with the theory or application of Suggestion. The editors of these magazines are encouraging contributions of this nature and are even setting the pace themselves in their editorial columns. In fact, in reading some of these editorials in the medical journals one can almost imagine that they are New Thought publications. For several years the editor of *The Medical Brief* of St. Louis has been publishing strong, encouraging, practical New Thought editorials, and a recent issue of the *Medical Mirror*, also of St. Louis, contained the following editorial which is about as "new thoughty" as the most enthusiastic New Thoughter or New Thinker or New Thought Thinker could desire. No one has a better opportunity to employ the New Thought than physicians, and no class of men can profit more by studying it and employing it than physicians; consequently this change of front by the leading medical journals is to be commended, and if physicians who read these magazines will only profit by the liberality and broad-mindedness of their editors, it will prove a boon to themselves and assist in uplifting, cheering, encouraging and relieving suffering humanity.

This is what the *Medical Mirror* has to say:

Full, rich and abounding health is the normal and natural condition of life. Anything else is an abnormal condition, and abnormal conditions as a rule come through perversions. God never created sickness, suffering, and disease; they are man's own creations. They come through his violating the laws under which he lives. So used are we to seeing them that we come gradually, if not to think of them as natural, then to look upon them as a matter of course.

The time will come when the work of the physician will not be to treat and attempt to heal the body, but to heal the mind, which in turn will heal the body. In other words, the true physician will be a teacher; his work will be to keep people well, instead of attempting to make them well after sickness and disease come on; and still beyond this there will come a time when each will be his own physician. In the degree that we live in harmony with the higher laws of our being, and so, in the degree that we become better acquainted with the powers of the mind and spirit, will we give less attention to the body—no less care, but less attention.

The bodies of thousands today would be better cared for if their owners gave them less thought and attention. As a rule, those who think the least of their bodies enjoy the best health. Many are kept in continual ill health by the abnormal thought and attention they give them.

Give the body the nourishment, the exercise, the fresh air, the sunlight it requires, keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength and not with weakness and disease.

To dwell upon the negative side is always destructive. This is true of the body the same as it is of all other things. The following from one whose thorough training as a physician has been supplemented by exten-

sive study and observations along the lines of the powers of the interior forces, are of special significance and value in this connection: "We can never gain health by contemplating disease, any more than we can reach perfection by dwelling upon imperfection, or harmony through discord. We should keep a high ideal of health and harmony constantly before the mind.

"Never affirm or repeat about your health what you do not wish to be true. Do not dwell upon your ailments, nor study your symptoms. Never allow yourself to be convinced that you are not complete master of yourself. Stoutly affirm your superiority over bodily ills, and do not acknowledge yourself the slave of any inferior power. I would teach children early to build a strong barrier between themselves and disease, by healthy habits of thought, high thinking, and purity of life. I would teach them to expel all thoughts of death, all images of disease, all discordant emotions, like hatred, malice, revenge, envy, and sensuality, as they would banish temptation to do evil. I would teach them that bad food, bad drink, or bad air makes bad blood; that bad blood makes bad tissue, and bad flesh bad morals. I would teach them that healthy thoughts are as essential to healthy bodies as pure thoughts are to a clean life. I would teach them to cultivate a strong will power, and to brace themselves against life's enemies in every possible way. I would teach the sick to have hope, confidence, cheer. Our thoughts and imaginations are the only real limits to our possibilities. No man's success or health will ever reach beyond his own confidence; as a rule, we erect our own barriers.

"Like produces like the universe through. Hatred, envy, malice, jealousy, and revenge all have children. Every bad thought breeds, and each of those goes on and on, ever reproducing itself, until our world is peopled with their offspring. The true physician and parent of the future will not medicate the body with drugs so much as the mind with principles. The coming mother will teach her child to assuage the fever of anger, hatred, malice, with the great panacea of the world—Love. The coming physician will teach the people to cultivate cheerfulness, good will, and noble deeds for a health tonic as well as a heart tonic; and that a merry hearth doeth good like medicine."

[May the shadow of the Editor in his "Mirror" never grow less.—ED.]

My request to readers to send me accounts of psychic phenomena they had experienced or witnessed, has borne fruit, and several interesting contributions from subscribers appear this month in our new Experience column. This column will be open to all subscribers that care to contribute the results of original investigations and for the discussion of various topics among subscribers themselves, provided their contributions are deemed available for the magazine. With ten thousand readers interested in psychic phenomena, this column should be well filled with interesting experiences and exchanges of ideas, but I desire it to be distinctly understood that I am not responsible for the opinions given in this column, and that the publication of an opinion or experience is not an indication that I agree in the least with the contributor's views nor that I acquiesce in any explanation he may give to account for any psychic phenomenon. The new column is for readers alone and no editorial comment will find its way into it.

Doctors and Editors.

The following clipping recently appeared in an Iowa newspaper under the heading "Doctors and Editors." The editor says: "The doctors are friends of ours. We expect them to stay with us until death, yet, at the risk of incurring their displeasure, we reproduce the following. We don't know where it came from any more than we know whose rain-spout the

doctor's medicine comes from. We find it in a paper credited to 'Ex.' If we knew the author we would gladly give his name, because the article is really good. Here it is:

"The doctor from Algona said that newspapers are run for revenue only. What in thunder do doctors run for, anyway? Do they run for glory? One good healthy doctor's bill would run this office six months. An editor works a half day for $3, with an investment of $3,000; a doctor looks wise and works ten minutes for $2, with an investment of three cents for catnip and a pill-box that cost $1.37.

"A doctor goes to college for two or three years, gets a diploma and a string of words the devil himself can't pronounce, cultivates a look of gravity that he palms off for wisdom, gets a box of pills, a cayuse and a meat saw and sticks out his shingle, a full-fledged doctor. He will then doctor you until you die, at a stipulated price per visit, and puts them in as thick as your pocketbook will permit.

"An editor never gets his education finished; he learns as long as he lives, and studies all his life. He eats bran-mash and liver, he takes his pay in hay and turnips, and keeps the doctor in town by refraining from printing the truth about him. We would like to live in Algona and run a newspaper six months, and see if the doctor would change his mind about 'running for revenue only.' If we didn't get some glory out of it we would agree to take one dose of his pills, after first saying our prayers.

"If the editor makes a mistake he has to apologize for it, but if the doctor makes a mistake he buries it. If we make one there is a lawsuit, tall swearing and a smell of sulphur, but if the doctor makes one there is a funeral, cut-flowers and a smell of varnish. The doctor can use a word a foot long, but if the editor uses it he has to spell it. If the doctor goes to see another man's wife he will charge the man for his visit. If the editor goes to see another man's wife he gets a charge of buckshot. Any medical college can make a doctor. You can't make an editor. He has to be born one. When a doctor gets drunk it is a case of 'overcome by heat,' and if he dies it is heart failure. When an editor gets drunk it is too much booze and if he dies it is a case of delirium tremens

"The editor works to keep from starving, while the doctor works to ward off the gout. The editor helps men to live better, and the doctor assists them to die easy. The doctor pulls a sick man's leg, the editor is glad if he can collect the bill at all. Revenue only? We are only living for fun and to spite the doctors."

Fifty thousand dollars ($50,000) worth of Motzorongo stock is already held by readers of SUGGESTION, but I shall not be satisfied until the amount has reached $200,000. Think of it! Fifty thousand dollars worth of stock in the hands of SUGGESTION's readers! This means that in a few years there will be $50,000 per year to divide among the shareholders that are readers of SUGGESTION. But this is not sufficient. I want them to make it $200,000 per year. I want the "Suggestion Family" to be a happy, prosperous, wealthy family, with a very large voice in directing the policy, management and welfare of the Motzorongo Company, and there is room in the company for many more of the family provided they come in at once. The stock is selling very rapidly, as there is no other investment like it offered to investors, so don't delay longer if you have any idea of securing a block of stock. I am interested in the welfare of the Motzorongo Co., and I am also interested in letting our subscribers know that they can get in on the ground floor of one of the best, safest and most permanent investments ever offered.

I received a letter from our plantation manager, Mr. Straube, a few days ago in which he informed me that instead of 40 tons of sugar cane to the acre, which we had counted on, our present crop will probably run 60 tons to the acre. This will

mean a net profit of over $300 in gold per acre, and Mr. Straube said, also, that we had about 100 acres more sugar cane planted than our $300,000 sugar mill can handle next year. The superfluous sugar cane will be used for seed to increase the sugar acreage for 1904, although it could be sold to a custom sugar mill at $4.00 per ton, but it is the intention of the company to increase the capacity of the sugar mill at once.

The Motzorongo river runs past the sugar mill and steps are being taken to harness this swift stream. This can be accomplished for the same price that would be paid for an extra boiler, but it will double the capacity of the sugar mill and leave sufficient power for the new saw mill which is to be erected, the old saw mill being inadequate to meet the demand for our timber of which there is an inexhaustible supply on the plantation. There is a steady market at the door of the plantation for every foot of lumber, every head of cattle, in fact, for every product of the plantation including coffee, corn, rubber, cocoa, bananas, pineapples, oranges, lemons, etc., etc. There is pasturage the year round for cattle, and they fatten for market without the expenditure of one cent for feed.

Take my advice in this matter, without delay, and if you have not sent for a prospectus, do so at once. Send a card to the Motzorongo Co., 813 National Life Building, Chicago, Ill.

"Child Culture," a new book by Dr. N. N. Riddell, has just come to my desk for review. I have enjoyed it so much that I want every reader of this magazine to send for a copy at once.

Dr. Riddell has traveled for twelve years and given over 2,500 lectures in psychology, particularly in its relation to the study, management and education of children. We are all overgrown children and *"Child Culture"* will be read, enjoyed and employed by persons of all ages in every walk of life. It is refreshing to find someone who can handle a subject so well and express his ideas so clearly and so practically as the author of *"Child Culture."*

I was so entertained and benefited by this book that I deemed it worthy of an editorial notice, instead of publishing a review of it in the Book Review column. I unhesitatingly pronounce it to be the most valuable work on the moulding of child character that I have ever examined. The author's style is clear and untechnical and the work is as entertaining as it is instructive. It is published by the Child of Light Publishing Co., Chicago, but will be sent to any reader of this magazine upon receipt of $1.00. Address THE SUGGESTION Publishing Co., 4020 Drexel Boulevard, Chicago, Ill.

If, after reading *"Child Culture,"* you think I have overrated its value in the least, your money will be returned to you on demand. I do not recommend everything, and I have yet to find the first reader who has been dissatisfied with anything I have ever recommended.

My advice to all is to obtain a copy of *"Child Culture"* at once; read it, enjoy it and practice its principles. It contains something valuable for everybody.

T sts for Telepathy.

Here are six experiments in voluntary telepathy that can be carried on easily by every reader, and I want everyone that tries the experiments to send me the re-

sult of his seances in concise form for publication. It is just as important I should hear from those who fail to obtain results as that I should receive word that the tests were a success in every particular. I want to make an estimate of the percentage of "psychics" among our subscribers, and to do this satisfactorily, I must hear from every one that holds a seance. If several seances are held, report the results obtained at each.

Please devote a little time to these experiments. They will prove interesting and instructive, and it will take very little time and little effort to send me a written report. I will appreciate your efforts and they will give us valuable scientific data.

When carrying on the seances have as few persons present as possible and admit only those that are anxious to see the experiments succeed.

First test.—Seat your subject in one room, go into another room and, after shutting the door between the rooms, select some object and endeavor to impress a picture of the object upon the mind of the subject. Write the name of the object on a piece of paper, for future reference, and instruct your subject to do the same after he has received the impression from you, whether his impression be correct or not.

Select some object besides a watch, a knife, a pencil or a book, as these four articles are usually selected for this test. Tell no one what object you have selected until after the test has been completed and your subject has written his impressions. The subject should be tested with the eyes closed, but if the experiment should not be successful make another test with the subject's eyes open. If your subject is familiar with the position of objects in the room, be careful he does not hear you step to any part of the room to obtain an article.

Second test.—With your subject in an adjoining room and the door between the rooms closed, shuffle a pack of cards and draw a card at random from the pack. Endeavor as in Experiment No. 1 to impress the card upon the subject's mind and keep a written record as in previous experiment. Repeat the experiment with several, cards but select them at random each time.

Third test.—With conditions same as in previous experiments, go through some simple movement and see if your subject can duplicate it. Select some movements besides scratching the head, holding the nose or pulling the ear. Make several different tests and keep a written record.

Fourth test.—This is the old "willing test." With same conditions as in previous experiments write on a piece of paper something you desire your subject to do. After your subject has performed an act according to the impressions he received, have him write his impressions before you tell him what you willed him to do.

Will him to do something besides playing a piano, putting a hat on his head, walking around his chair, or opening a book. Make several tests.

Fifth test—Chronic constipation is one of the most prevalent troubles; but it is the easiest of all physical troubles to relieve in a day or two by suggestion. Its relief is one of the first symptoms of returning health in every case of sickness.

Select some one that you know is afflicted with constipation. Practice absent treatment on him for one week, but do not tell him or anyone else what you intend to do. Do not ask him about his condition during the week you are testing him nor suggest any change in his diet.

At the end of one week question him about his condition, but let him tell his own story. Do not ask him leading questions such as "Your bowels have moved more regularly the past week, have they not?" And do not tell him what you have been trying to do until after he has told you about his condition.

Make a note of the day and hour you begin the test and record each treatment. It is said the best time to give treatment is just before going to sleep, but "the thought" can be sent during the day also.

Sixth test.—Select some person at a distance, from whom you do not expect a letter—some one that under ordinary conditions would have no excuse for writing to you. Write his name and address on paper and "will" that he shall write to you. Send him "the thought" frequently and keep a record of your results.

It is said that the best way to make this test is to write a letter about something to the person, place it in an envelope, seal the envelope and address the letter. In fact, do everything but mail the letter. Watch for a letter.

Strangers, friends, near relatives and hypnotic somnambules can be used for the various tests, although it is claimed the best results are obtained with a hypnotic-somnambule during induced hypnosis.

Let me have your reports as soon as possible.

Hurrah for Suggestion!

The following letter from Col. J. A. Robertson speaks for itself. Colonel Robertson is the best known and one of the wealthiest Americans in Mexico. He is first vice-president of the Motzorongo Co., a stockholder in the company and is rendering every assistance to make it the largest and wealthiest corporation of its kind in Mexico.

Colonel Robertson is popularly known as "The Father of Monterey," Mexico, where he resides, for he has been greatly instrumental in raising the city of Monterey from a town of 20,000 inhabitants to its present eminence—"The Chicago of Mexico."

AUDITORIUM HOTEL,

Chicago, Ill., Oct. 23, 1902.

DR. HERBERT A. PARKYN,
EDITOR SUGGESTION, Chicago.

Dear Doctor:—It affords me much pleasure to tell you how important the advertisement of the Motzorongo Company in SUGGESTION has been. The Company has derived more benefit from the effects of the advertisement in your magazine than from any other source It is particularly noticeable that the class of persons who purchased stock because of their confidence in SUGGESTION are people of high class and are buyers of large amounts

The certainty that the Motzorongo Company's stock is of great value and will yield large returns to the holders justifies me in assuring you that you are entirely safe in recommending it to your patrons. I am familiar with the property, know its officers and am satisfied that the administration of its affairs will be such as to give entire satisfaction. There is no plantation company of my knowledge in Mexico that has so many striking advantages and that owns so much valuable land as the Motzorongo Company.

I am frank to admit that I did not know SUGGESTION had so world-wide a circulation as the results have shown in the Motzorongo advertisement.

With warm regards, I am,

Sincerely yours,

J. A. ROBERTSON,
First vice-president.

I have somewhere seen it observed that we should make the same use of a book that the bee does of a flower; she steals sweets from it, but does not injure it—*Colton.*